

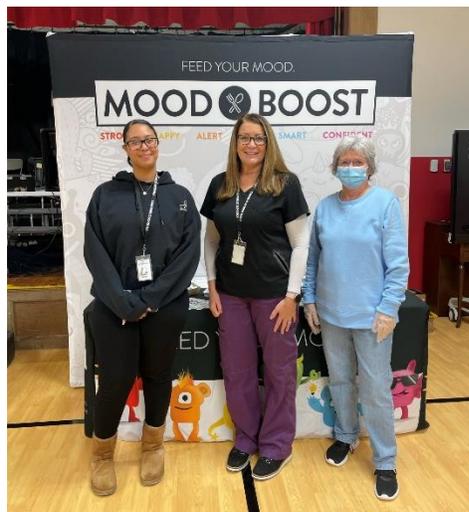
# January Newsletter



## Welcome 2023!

As we enter the New Year we are able to reflect on all the fun had and the facts learned in 2022, but get excited for more in 2023! We are cooking up some new events in the food service office this year and we are excited to share them with you. New foods to taste, recipes to make, and nutrition facts to learn. We wish you all a safe start to the New Year!

As always, a big thank you to our school lunch staff, and all other employees that work hard everyday to help Lynn students. Here are some Lynn Woods employees coming by to help with our cafeteria taste test!



Lynn Woods kindergarteners tasting the Harvest of the Month; rainbow carrots! 12/15/22

## Days to Mark on Your Calendar:

### 6<sup>th</sup>- National Bean Day

Beans are a great source of protein and fiber! There are so many varieties to try

### 16<sup>th</sup>- Martin Luther King Day

Take time to learn about the inspiring work and leadership of MLK

### 19<sup>th</sup> – National Popcorn Day

Grab a movie and some popcorn to celebrate today!

### 31<sup>st</sup>- National Hot Chocolate Day

Look out for some hot chocolate milk in school!



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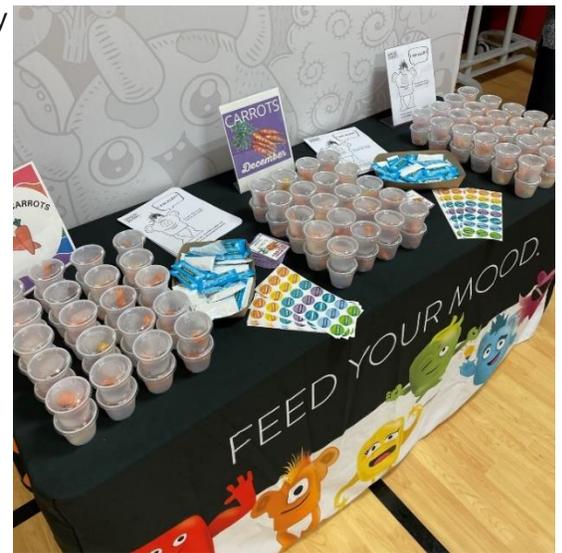
**chartwells**  
serving up happy & healthy

# Making New Year's Resolutions

Setting goals for the New Year no matter how big or small, is so important. But, it can be really difficult to stick to them. Find ways to hold yourself accountable like finding a buddy to set goals with whether that be family, friends, a classmate, or a teacher. Make sure goals are reasonable and attainable, this helps to set yourself up for success. If you cannot think of any New Years Resolutions, here are some popular ones:

- Drink at least 4 cups of water a day
- Add a fruit or vegetable into dinner each day
- Have breakfast every day of the week
- Take a walk once a week
- Try one new food a week

Tailor these to your own lifestyle and be sure to track your successes to stay motivated.



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Lynn Community Health Center has entered into a partnership with the Greater Boston Food Bank to bring fresh fruits and vegetables to our community through a free monthly produce distribution. Use this QR code to find out more about participating. There are volunteer opportunities as well, sign up on the Lynn Community Health Center website under "Mobile Markets"



Mood Boost is a great way to help students understand the importance of a balanced plate and how it can positively impact your physical and mental health. Students at two elementary schools each month learn about MoodBoost with a taste test, educational handouts, stickers, and coloring pages. We can't wait to continue in the New Year with more exciting samples for the kids!

